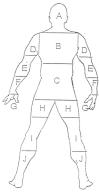


Ergonomics

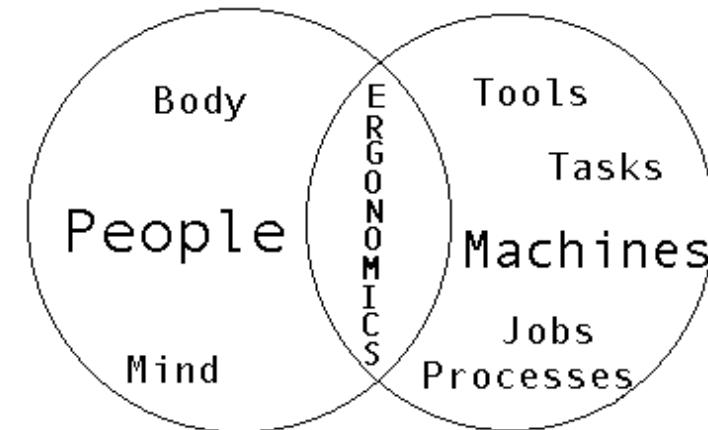
NPS Safety Office

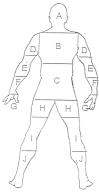


Introduction to Ergonomics

Ergo = Work

Nomos =
Laws of

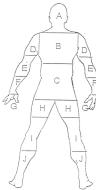




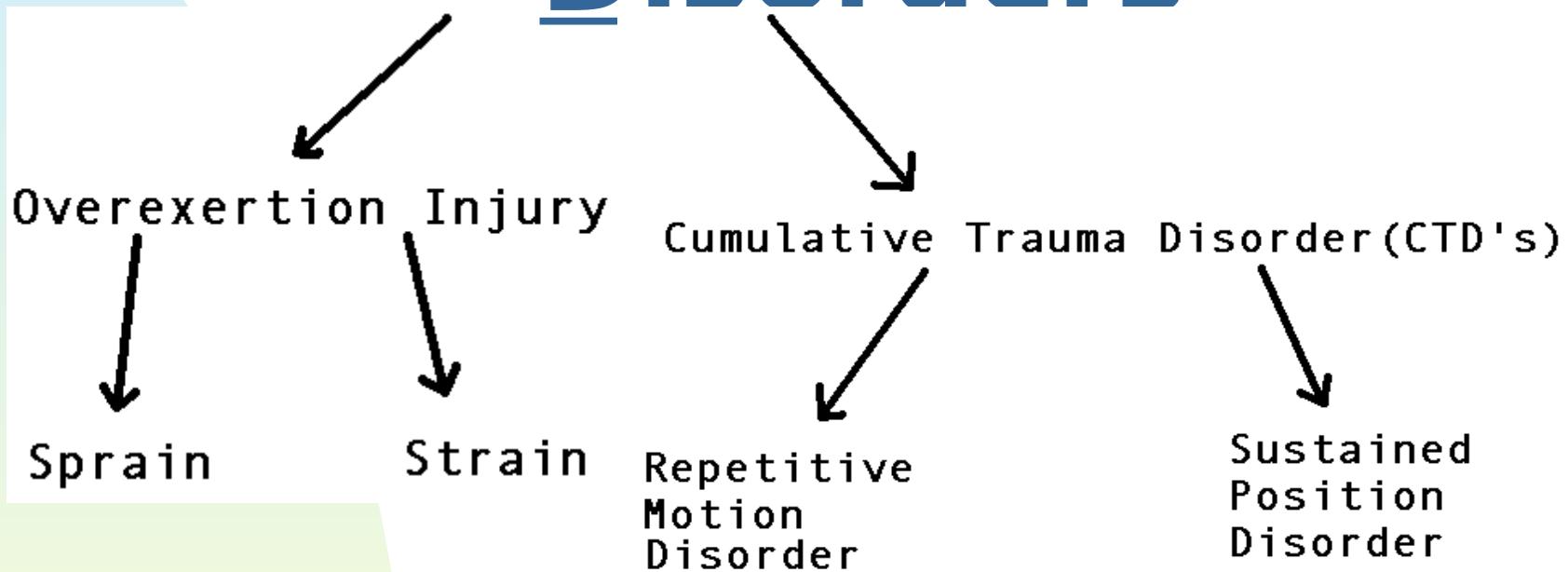
Ergonomic Benefits

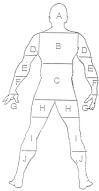
- Improved Health & Safety
- Improved Quality & Productivity
- Improved Profitability
- Improved Workforce Quality of Life

Ergonomics is a journey....
not a “flavor of the
month.”



Work Related Musculoskeletal Disorders





CTD Early Warning Signs

Fatigue

↓
Discomfort

↓
Pain

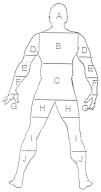
↓
Injury

↓
Disability

Proactive Ergonomics

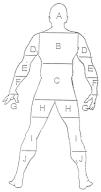
Reactive Ergonomics

When does Pain become an Injury?



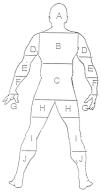
CTD Warning Signs

- Pain Gestures
- Moving Constantly
- Employee Fixes
- Complaints of Discomfort
- Low Quality/Productivity
- Absenteeism
- Self Treatment
- Low Morale



Improper Lifting Factors (Backs instead of Legs)

- Habit
- Improper training
- Knee problems
- Work design
- Lack of energy



Basic Lifting Principles

- Size up work load
- Plan your lift
- Wide stable base of support
- Use the power position
- Get close to the load
- Don't twist
- Don't jerk
- Get help
- Build a bridge
- Use a mechanical device
- Get a good grip

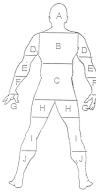
Back Belts

CON's

- False sense of security
- Mobility reduction
- Circulation reduction
- Increased blood pressure
- Improper fit

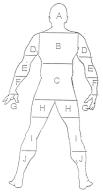
PRO's

- Psychological



Ergonomic Risk Factors

- Position
- Force
- Repetition
- Contact stress
- Vibration
- Physical condition
- Environment
- Psycho social



Ergonomic Risk Reduction Tools

- NAVY Ergonomics/OPNAVINST 5100.23E, Chapter 23
- NPS Ergonomics/NAVPGSHOLINST 5100.2F
- NPS Ergonomics Program Manager/Ms. Diane Spry-Lackner, x5130
- OSH Office website/
<http://www.nps.navy.mil/safety>
(look for the **EMPLOYEE COMFORT SURVEY** link)
- Common sense
- Exercise